1. In a compact sauna for causing a user to sweat, infrared source elements disposed in close proximity to the user so that infrared radiation absorbed by the user constitutes the primary means for inducing the user to sweat.
2. In a compact sauna according to claim 1, and electric infrared heaters for heating the infrared source elements.
3. In a compact sauna according to claim 1, wherein the infrared source elements are planar, and protrusions on the elements project outwards towards the user.
4. In a compact sauna according to claim 2, wherein the electric infrared heaters emit extremely- low-frequency electromagnetic fields near the level of the ambient fields only.
5. In a compact sauna according to claim 2, wherein the electric heaters are dual ones having electrically-resistive elements juxtaposed to corresponding ones of the other but wherein the current flows in opposite directions at any given point in time.
6. In a compact sauna according to claim 5, wherein the dual ones of the heaters are planar ones comprised of a thin common substrate bearing on each side a semi-conductor pattern having a) a plurality of identical electrically-resistive bars spaced apart from each other and radiating infrared energy when electrical current is passed through them, and b) a pair of longitudinal stripes extending parallel to and spaced from each other and interconnected with respective ends of the bars to form electrical connections therewith; and a metallic conductor overlying each longitudinal stripe and in intimate electrical contact therewith throughout its length.

7. An infrared heater comprised of two sets of parallel electrically-resistive bars, the corresponding bars of the respective sets being juxtaposed, electric conductors interconnecting corresponding ends of the bars, and connectors for applying 180 degrees out of phase electrical current to the respective sets of conductors so that current flows in opposite directions in corresponding bars at any given point in time.

8. An infrared heater according to claim 7, wherein the two sets of parallel electrically-resistive bars are mounted on opposite sides of the same thin electrically-insulating substrate.

9. A finned infrared source comprised of a base adapted to be heated to uncomfortable-to-the-touch but sufficiently-high temperatures to provide effective infrared radiation, and closely-spaced protrusions of a low heat-conductance material which project away from the base and present temperatures comfortable to the touch even though the base is at uncomfortable temperatures.

10. A finned infrared source according to claim 9, wherein the protrusions are fins separated by less than finger width.

11. An infrared heater according to claim 7, and a protrusioned infrared source comprised of a base adapted to be heated to uncomfortable-to-the-touch temperatures, and protrusions which project away from the base and present temperatures comfortable to the touch when the base is at uncomfortable temperatures.

12. An infrared heater according to claim 11, wherein the protrusions are separated by less than finger width.

13. An infrared heater according to claim 11 wherein the protrusioned-infrared-source base is finned and has valleys between the fins, and the valleys overlie corresponding electrically-resistive bars.

14. An infrared heater according to claim 13, wherein the fins are separated by less than finger width.

15. An infrared heater according to claim 13, and a panel for spacing the heater from any wall on which it may be mounted.

16. An infrared heater according to claim 15, wherein the panel is corrugated and its ridges underlie corresponding resistive bars.

17. An infrared heater according to claim 16, wherein the fins are separated by less than finger width.

18. An infrared heater according to claim 17, and a cabinet having a door mounting the heater on the inside.

19. A method of sweating a person, comprising primarily heating the person by direct infrared radiation absorption.

20. A method according to claim 19, and shielding the person from physical contact with uncomfortable temperatures in the source of the infrared radiation by distancing the person therefrom by protrusions thereon precluding contact therewith.

21. An infrared heater according to claim 7, and a shield overlying the heaters and having low-heat-conductance protrusions extending away therefrom to protect a user from high temperatures in the heater.

22. An extremely-low-frequency electro-magnetic-field power wiring for connecting an alternating current source to a load, comprising a first electrical conductor for supplying the alternating current from the source to the load and emanating an extremely-low-frequency electro-magnetic field when so doing, a second electrical conductor for returning the alternating current from the load to the source and emanating an extremely-low-frequency electro-magnetic field when so doing, the first and second electrical conductors being juxtaposed so that the extremely-low-frequency electro-magnetic fields when obtaining cancel each other, and an electrical insulator separating the two conductors.

23. An extremely-low-frequency electro-magnetic-field power wiring for connecting an alternating current source to a load according to claim 22, wherein one of the wires is round and has a solid core and the other is tubular and surrounds it.

24. An extremely-low-frequency electro-magnetic-field power wiring for connecting an alternating current source to a load according to claim 22, wherein one of the wires is round but has a hollow core, and the tubular and surrounds it.

25. An extremely-low-frequency electro-magnetic-field power wiring for connecting an alternating current source to a load according to claim 22, wherein both conductors are flat and juxtaposed flat wise.

26. In a compact sauna according to claim 2, wherein the dual infrared heater is comprised of two sets of parallel electrically-resistive bars, the corresponding bars of the respective sets being juxtaposed, electric conductors interconnecting corresponding ends of the bars, and connectors for applying 180 degrees out of phase electrical current to the respective sets of conductors so that current flows in opposite directions in corresponding bars at any given point in time; wherein the finned infrared sources comprise of a base adapted to be heated to uncomfortable-to-the-touch but sufficiently-high temperatures to provide effective infrared radiation, and closely-spaced protrusions of a low heat-conductance material which project away from the base and present temperatures comfortable to the touch even though the base is at uncomfortable temperatures; and wherein the heaters are in an extremely-low-frequency electro-magnetic-field power wiring system for connecting an alternating current source to a load, comprising a first electrical power conductor for supplying the alternating current from the source to the heaters and emanating an extremely-low-frequency electro-magnetic field when so doing, a second electrical power conductor for returning the alternating current from the heaters to the source and emanating an extremely-low-frequency electro-magnetic field when so doing, the first and second electrical power conductors being juxtaposed so that the extremely-low-frequency electro-magnetic fields when obtaining cancel each other, and an electrical insulator separating the two conductors.